



Family and Friends of VMM-162,

Welcome to the Golden Eagles family! My name is Carissa Marine, and I am the Family Readiness Officer (FRO) for VMM-162. As your Family Readiness Officer, I am here to serve you. Headquarters Marine Corps, this Command, and Marine Corps Community Services acknowledge the direct impact family life has on a Marine's ability to successfully complete the mission and excel in his/her position. I am excited to work with each of you as you meet the challenges of military life, and to provide information on the many resources and educational opportunities available to you.

I am a wife of a Marine, mother of three children, and understand firsthand the challenges and stress that come with military family life. I am here to serve, support and assist you, acting as the link between you and the Command. I will strive to keep you informed on readiness and deployment training, provide information on services available to you, and assist with referrals to Marine Corps and local community organizations. I will send out pertinent information via email, phone, and quarterly newsletters. Please let me know if your contact information changes at any time so I can update the roster. Don't hesitate to contact me or come by my office for a visit; I would love to get to know you personally and assist in any way possible.

The more involved you become in your unit, the more positive your experience will be and the greater impact you will have on our programs, activities and families. I encourage you to volunteer within our Family Readiness program; there is always a place for you and we welcome your talents and ideas. Please let me know if you are interested in volunteering.

On behalf of the Command Family Readiness Team, I would like to again welcome you to the VMM-162 family. Thank you for your support of VMM-162!

Very Respectfully,

Carissa J. Marine
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